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GETTING IN TUNE WITH YOUR OWN FREQUENCIES

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

When meditating, regardless of your purpose, the best thing you can do for yourself is to be in tune with your own frequencies. What do I mean? You should feel fully and completely comfortable spending time with your own energies. Being completely comfortable with yourself in every way is the most powerful foundation for meditation in my opinion. After all, while meditating, you are alone with yourself a lot. I don't think you can fully receive the benefits of meditation without being comfortable while being alone with your thoughts and feelings.

Now, this may sound silly. I mean, that's a very basic idea, right? But I find that, especially in times of great turmoil, human beings can quickly try to distract their minds in an attempt to push out their deepest thoughts rather than working through them. After times of incredible stress or pain, we may resist or even outright avoid the healing process, as it hurts to go through it. There are many reasons one may be reluctant to be alone, but I feel the more you resist it, the more likely it is that you need to be alone with your energies and thoughts to work through them.

If you find yourself feeling uncomfortable sitting still to meditate, as we all do at times, I find it's important to begin with a base of mindfulness. Just sitting comfortably and acknowledging how you are feeling at any given moment can really go a long way. Even if you're not ready to work through pain that you are feeling, there is a level of calm release from simply meditating in silence and asking yourself, "How do I feel physically today?" or "Now, how do I feel emotionally today?" Just checking in to gather a quick sense of where you are on a daily basis is a good start.

From there, you can start to acknowledge any stray thoughts you have floating around and choose to either focus on them and work through them or dismiss them gracefully, depending on your comfort level. The more time you spend getting comfortable by sitting and focusing on your physical feelings and emotional thoughts, the more time you spend in mindfulness, the more comfortable you will naturally become with yourself and the more in tune you will be with your own frequencies. As you become more comfortable with yourself, it can be fun to practice some resonant tuning, a fabulous Monroe tool that exists to help you build your energy. There are times when I'm feeling

down or hesitant to do anything, and a quick resonant tuning exercise bounces me back to feeling like myself.

Once you are comfortable with who you are, it's important to love yourself—who you are, who you have been, and who you will be. This can be a hard step for some, but it is crucial. The best way I have found to do this is to spend a few minutes a day in meditation focusing on your best qualities. Really think on the things about yourself that you love as well as the accomplishments that you are most proud of and pull forth that feeling of gratitude that comes with it. From there, meditate in that gratitude and happiness. You'd be surprised how much regular acknowledgment of your strengths and accomplishment can help your self-esteem. And it's a great way to truly get in tune with frequencies and to celebrate them.